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The Global Fitness Technology Company Established In 1982

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About us

Established in 1982 Fitech's first solution was a simple fitness assessment tool, known as the step test, used by UK police forces to measure and assess the fitness of potential recruits.

Today Fitech is used by many leading brands as a tool to measure, assess and record all aspects of individual physical wellbeing and health.



Clients May 2017

What do we do?

We support health professionals to positively develop their clients health, fitness and wellbeing by providing online solutions and specialist products.

Assess

Our global online assessment system utilises a wide variety of metrics for analysis, supported by specialist equipment to measure full lipid cholesterol, blood glucose analysis, body composition and blood pressure with single phase ECG.

Review

We provide a secure online individual health status dashboard with personalised reports. Aggregated assessment results for corporate reporting, including a flexible custom data export model.

Develop

Further interventions can be digitally targeted to the right individuals, including invitations to join health programmes or a series of automated targeted email communications.

Case studies - our clients

Medical

Profile

A private healthcare provider with a national network and a wide spectrum of medical services delivering to over one million service users. With a large corporate portfolio of blue chip organisations this client wanted to add value to their core employee healthcare products with the ability to provide measurable outcomes.

Solution

Using the Fitech online assessment platform this client is able to provide personalised individual health status reports and track progression through positive lifestyle changes.

The client's service user attends a nurse led health check where basic

physiological measures are taken and a point of care cholesterol and glucose test result is entered directly into Fitech by the nurse. A health status report is then printed and handed to the service user.

A back office team extracts an aggregated data report from Fitech which is used to provide a consultation report for the employing organisation.

Services

Fitech Online, System customisation, Staff Training, Data Export Services



Fitness

Profile

A premium Hotel and Spa chain wanted to provide health checks for their guests and health club members. Research showed that members who have had a health check are more likely to retain their membership for a greater period. The service would also be used as a sales tool to drive memberships sales through corporate outreach.

Solution

Using the Fitech online assessment platform this client is able to provide personalised individual health status reports which also incorporates customised factsheets, self help programs and personal fitness programmes using the exercise library.

A fitness instructor delivers the assessment, keys the data in to Fitech and then emails a report link for the member to review.

Further target communications can be sent to individuals based upon their health profile and specific needs.

Services

Fitech Online, System customisation, Staff Training

Case studies - our clients

NHS

Profile A regional health board serving a population of 300,000 needed to deliver the NHS health check scheme using a mobile near patient testing equipment.

Solution Fitech provided the Mission Pro, non fasting full lipid testing system. Supplied in a secure light weight flight case this system delivers a full lipid profile in under 2 mins. Following full training provided by Fitech, the health advisor team reach out into the community and via local businesses to deliver the over 40s health checks.

Using a small disposable lancet a finger prick sample is collected with a capillary tube which is then deposited in to the testing strip for analysis. The device takes under 2 mins to deliver a full Lipid profile (Total Cholesterol, HDL, Triglycerides and LDL). A glucose test is then taken with a smaller unit with the same sample point.

Services *Fitech Specialist point of care Equipment, Staff Training , Equipment Support (service and calibration)*



Uniform

Profile

UK uniformed service responsible for almost 20,000 staff who work in a challenging and physically demanding role. Prompting and supporting personal wellbeing is critical to maintaining operational effectiveness.

Solution

With equipment, training and support provided by Fitech this organisation deploys a wellbeing team to engage with staff in the workplace and offer a range of services from Fitness Assessments, Wellbeing Screens with Cholesterol and body composition assessments.

Staff receive personalised feedback with sign posting where required to additional support services.

Services

Fitech Online, Fitech Specialist point of care Equipment, Staff Training , Equipment Support (service and calibration)

Tools for health professionals

All of our solutions and services are designed to compliment the health professional and promote specialist competencies. The key to engaging people in their health and wellness is to help them understand their current risks, benchmark their performance and track change.

Our core solutions produce simple and easy to follow reports, in addition to comprehensive corporate reporting for analysis.



We use the latest clinical and academic research along with endorsed assessment protocols. Our core solution is hosted online so you will always have the latest information.

Hosted with Microsoft to provide high level data security and resilience.



1 million Fitech assessments are carried out each year, Fitech is the professional's tool of choice, a key differentiator in a highly competitive market.



Physical/Fitness testing

Choose from 45 health and fitness testing protocols (plus you can add your own custom test) to create your own assessment layout or choose from the 4 pre-installed layouts to suit your requirements. Each individual report compares results to average population norm data for age and gender.

Results are shown in an easy to read graphical format with accompanying customised summary text, giving personalised advice and information. Used across all industries, the Fitech system is commonly known as the bench mark in fitness and wellness reporting.

Main Features:

- Body Composition
- Aerobic Capacity
- Blood Pressure
- Strength
- Flexibility
- Lung Function
- Fact sheets
- Create your own test....

Health Assessment for JAMES WILLIAM

Generated on 07 March 2017
For Fitoch Example Reports

Powered by Fitoch - The Fitness Technology Company

Perceived Eating Habits



Assessment Results Summary

Body Mass Index



Body Fat Results



Water % Results



Visceral Fat Results



Blood Pressure (Systolic)



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Blood Pressure

Blood Pressure is the measure of the force that the heart needs to pump blood through the body. There are two different measures (Systolic) that measure the contraction phase or pumping pressure of the heart, and (Diastolic) that measures the relaxation phase of the heart or the pressure in the arteries when the heart is filling up with blood.

Blood pressure can vary throughout the day and be affected by physical activity, stress, drinking and caffeine intake. High blood pressure is a major risk factor for diseases such as Coronary heart disease, Stroke, Heart Failure, The chronic kidney disease, Sleep Apnoea.

Your Systolic BP:

140 mm Hg



Rating:

Optimal | Normal | High Normal | Above Normal

(cannot predict hypertension (Grade 1))

Summary:

Your blood pressure is about the normal range.

We suggest you have your blood pressure re-checked and seek advice from your health professional, if the readings continue in this range, further medical advice may be necessary and you should review your lifestyle in an attempt to lower your blood pressure. The following lifestyle measures are a good starting point:

- Maintain a normal body weight (body mass index 20-25)
- Reduce salt intake to under 6g per day
- Limit alcohol consumption to under 3 units per day for men and under 2 units for women
- Engage in some level of aerobic physical activity (exercise) on most days of the week but at least on three days of the week
- Consume at least two portions of fresh fruit and five of vegetables every day
- Reduce the intake of total and saturated fat

Resting Heart Rate

Resting heart rate (RHR) is the number of beats per minute when you are at complete rest. Your resting heart rate reflects your fitness level. The lower you are, the less effort and fewer beats per minute it takes your heart to pump blood to your body at rest and your RHR will be a lower number.

Your Resting Rate:

74 BPM



Rating:

Satisfactory

Summary:

Resting heart rate usually rises with age and is generally lower in people who are physically fit. Activities when measure your heart rate as one way to find out if it is an excellent. Your resting heart rate is excellent and good. Make it up with regular aerobic exercise.

Lifestyle assessments

The Lifestyle module is mostly questionnaire based covering all areas of common everyday life. Ideal for a promotional tool, initial health assessment or as part of a comprehensive health report.

These assessments do not require any physical testing, but look at subjective information provided by the subject.

This module produces powerful reports, lifestyle is one of the most significant aspects of health and wellness and is a good start to motivating health behaviour change.

Main Features:

- Leisure/Work time Activity
- Quick Stress Indicator
- Quick Nutritional Analysis
- Sleep Risk Questionnaire
- Family Health
- Exercise History Record
- Smoking and Alcohol Questionnaire



Medical assessments

The Fitech medical module includes a variety of blood tests and dynamic cardiac risk assessments ideal for demonstrating the risk of cardiovascular disease. Each individual report compares results to average population norm data.

Results are shown in an easy to read graphical format with accompanying customised summary test, giving personalised advice and information.

Main Features:

- Cardiac Risk Assessments (Framingham, Dundee, Joint British Societies- JBS 2)
- Total Cholesterol
- HDL
- LDL
- Triglycerides
- Glucose Tests
- HbaA1c
- Full Blood Count, Urine and more



Exercise/Training programmes

Create, modify and design professional exercise programs with ease for your clients using the Fitech exercise module.

With over 150 full colour graphical exercise illustrations, you can produce professional hand outs that are easily customisable and printed in a variety of styles.

Pre-configured programmes set up for new to exercise.

Main Features:

- ❑ Over 150 illustrations
- ❑ Programme Card developer
- ❑ Import exercise facility, Select, edit layout templates or add new ones

Exercise Program (Example Programme) for BADERHAM DYOS

Generated on 03 May 2017
For Fitech Example Reports

Powered By Fitech - The Fitness Technology Company

High Knee Lifts



Category:	Cardiovascular Exercises	Mode:	
Equipment:	None	Rep Range:	
Max Sets:	5		

Instructions: This drill exaggerates the knee lift and improves running technique and leg turn. Keeping a normal upright posture bring the knee up to just not beyond the ground. Place the arms back at 90° with them in line with your legs - if they should be as fast and force as they remaining on the spot or moving forward very slowly. Body position should be erect, but with the pelvis tilted and

Abductor And Gluteal Stretch - Sitting



Category:	Core Strength	Mode:	Abductors
Equipment:	None (Sit on Floor)	Rep Range:	5
Max Sets:	2		

Instructions: Sit on a mat or towel, bend your knees outward so that you can place each heel at least foot length from the foot towards with each hip, leaning at the side and lowering your head until you can feel each ankle. Hold for approx. 30 seconds and repeat.

Cardiac Back Extension - on Floor



Category:	Core Strength	Mode:	Abdominals & Back
Equipment:	Fit Ball	Rep Range:	15
Max Sets:	2		

Instructions: Lie on a fit ball with your feet on the top of the ball. With your arms bent at the elbows and hands together (right hand over left) you can put your hands and forearms on the floor in front of you. Slowly raise your legs in the air until they are directly above you as your head comes down to a 90° angle. Hold for one minute. Repeat 2 times.

Cool Down

Rep:

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Exercise Program - Example Programme, Duration - 20 Mins.

OK

Summary

Exercise	Type	Set	Reps	Weight	Time	Tempo	Intensity	Pest
Arm Ergometer	Cardiovascular Exercises	4	0		5mins			
Sit Kicks	Cardiovascular Exercises	5	10					
High Knee Lifts	Cardiovascular Exercises	5	10					
Abductor and Gluteal Stretch - Sitting	Core Strength	2	5					
Cardiac Back Extension - on Fitball	Core Strength	2	10					

Objectives

Get Fit

Warm Up

Subject Dashboard

The subject dashboard is a secure web session that allows the subject to review their current and historical reports, take additional self assessed questionnaires such as sleep, quick stress and nutrition.

The dashboard also holds a weight and lifestyle tracker and gives access to recommended factsheets and self help programmes .

Main Features:

- Secure portal with PIN control
- Tracks Progress
- Additional self assessments
- Factsheet library

Welcome to Your Personal Dashboard

To continue please enter your Pin

Pin

Hi SMUDGER Welcome to Your Personal Dashboard

[Please click here to change your PIN](#)[Help!](#) Use this dashboard to review your previous assessments and to take any of the available inventories.[Assessments](#) [Factsheets / Programs](#) [Lifestyle](#) [Mail Log](#)

Test Date	Assessment Type
25-04-2017	alton
28-01-2017	Waist Measurement
17-01-2017	Blood Sugar Only
13-06-2016	Fitech Quick Assessment - SYSTEM

[Assessments](#) [Factsheets / Programs](#) [Lifestyle](#) [Mail Log](#)

Recommended Factsheets for SMUDGER

Factsheet

Basic Facts About Drinking Alcohol
 Calories In Alcoholic Drinks
 Fluids Diary
 Blood Pressure Record Card
 Diabetes
 High Blood Pressure Explained
 Recognising Heart Disease
 What is Cardiovascular Disease?
 Sleep And Being Overweight

Category

Alcohol
 Alcohol
 Alcohol
 Cardiovascular
 Cardiovascular
 Cardiovascular
 Cardiovascular
 Cardiovascular
 Sleep

Group data reporting

The Fitech Data Analyser allows you to perform statistical functions from collected data. This enables you to discover the average values, compare results over time or perform further analysis.

The Analysis Wizard guides you through the process of generating statistical reports. The information is presented in a user-friendly way using pie charts to complement the statistical tables with an optional ability to add in your own text. Ideal for exercise referral schemes, corporate screening reporting and any scenario where statistical analysis is needed.

Main Features:

- Powerful Group Reporting Wizard
- Report on multiple sites from one location
- Report from demographic, gender, test type, results and much more



Custom Data & Targeted Communications

Our data team can produce custom reports based upon the clients specification. Reports can cross reference physiological data along with subject meta data such as job type, age profile and any other data points collected during an assessment, or linked to other data sets where a common reference can be made.

Automated alerting reports can be sent to flag high risk individuals for rapid triage.

We also host an advanced communications platform, this enables personalised emails to be sent to individuals.

Main Features:

- Custom data export in any format
- Auto reporting with alerts
- Focused email communications based upon individual profile



Getting started

It's **FREE** to get started with Fitech, before making a purchase we ask that you sign up for a trial Account (we don't even ask for your credit card details). During this trial we will provide help, support and training to get you up and running.

Signing up is easy, you will have immediate access and our help section contains videos to help you. In addition we run 2 weekly live training sessions where you can work directly with a consultant.

We are confident that Fitech will provide your organisation with a "best in class" health management system.



4 Easy steps!

- Step 1 - Go to www.fitech.eu
- Step 2 - Click on the Free trial icon
- Step 3 - Complete the web form
- Step 4 - Check your email for access details

We also have a large collection of video tutorials, these are accessed through the Resource Centre on our website.

Specialist Equipment

Fitech supply carefully selected equipment to support health professional in delivering health and wellness assessments.

Our team are knowledgeable and keen to support our customers to make the right choice for their health assessment campaign.

We love to talk, so call us to discuss your requirements.

The screenshot displays the Fitech website interface. At the top, the Fitech logo is on the left, a search bar is in the center, and a shopping cart icon is on the right. Below the logo, there are three main category tabs: "CHOLESTEROL & DIABETES TESTING", "FITNESS TESTING", and "HEIGHT, WEIGHT & BODY COMPOSITION". Under the "CHOLESTEROL & DIABETES TESTING" tab, there are five sub-categories: "CHOLESTEROL DEVICES", "CARDIOCHECK STRIPS", "MISSION CHOLESTEROL SYSTEM", "NESCO MULTICHECK STRIPS BENEHECK", and "HOME TESTING CONSUMABLES". The main product grid shows four items:

Product Name	Price	Action
Mission Cholesterol Monitoring System...	£ 149.00 (was £199.00)	Add to cart
Nesco MultiCheck IVD Machine	£ 45.00	Add to cart
Fitech V5/ V6 Software (Health & Fitness...)	£ 540.00	Add to cart
Fitech V6 Software (Occupational Health)	£ 720.00	Add to cart

Fitech Mission Pro:

- Non-fasting Full Lipid Profile results in 45 secs
- Clinically Accurate
- Measures Total Cholesterol, HDL, Triglycerides, LDL
- High and Low control solution
- Ideal for workplace wellness, Health Checks, NHS over 40 Checks
- Approved Training
- 3 Year device warranty
- UK Telephone & Email support
- Light and secure flight case
- Additional Glucometer included with kit



Lipid Profile: Total Cholesterol, HDL, Triglycerides, LDL

Blood Pressure with ECG

New to the UK market is the combined Blood Pressure and single phase ECG unit which includes a free optional app (Android and iOS) to review the P wave trace (not required to operate the unit).

The device is fully automated including BP and ECG analysis showing the operator the diagnostic result on the units screen.



Service & Support

All our clinical devices are provided with a maintenance log and clear operating instructions. We also provide certified competent users courses with a full functional assessment.

In accordance with the Medicines & Healthcare products Regulatory Agency we undertake independent verification checks on near patient testing devices we supply and provide an annual device service check.

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